

Some one has said, in substance, that a nation can be judged by the food it prepares, or the table it sets. Judged by this criterion, the Cornish would not be found wanting. Not only do they prepare good food, but they have also a number of dishes peculiar to themselves. One of the most characteristic, is the triangular Cornish pastry.¹ Pasties are known in other parts of England, but the Cornish variety is *sui generis*.² The ordinary light pasties are known in Cornwall as pies. The Cornish pasty, as I have said, is triangular in shape; enclosed entirely by a paste, and baked without a dish. The Cornish have many kinds of pasty, but the *taty paasty* (potato pasty) is the most common. There are meat pasties, turnip pasties, apple pasties, and so on, reaching probably to a hundred. There is a legend in Cornwall, that the devil was never there. He came down from the "up country," to the river Tamer, which separates Devonshire from Cornwall; when he inquired of the Devonshire people what country was beyond the river, they told him not to go over there, or the Cornish would kill him and bake him in a pasty. It serves to illustrate the prominence of the pasty in the Cornish living, as viewed by their neighbors, the Devonshire folk. The popularity of the Cornish pasty is explained, when we remember that over a third of the Cornishmen are miners, who carry their meals to the mines with them; they desire something not only cheap and substantial, but easy to carry. Every miner takes his pasty to the mine in his blouse pocket, or "fob," as the Cornishman says. Pilchard and mackerel pies are also common in Cornwall; sweet pies and meat pies are often made in southwest Wisconsin. Cornish pies are not the American variety but much thicker, being baked in deep pans and without a bottom crust.

Saffron cake is one of the rather common articles of food in Cornwall, though deemed a luxury. This is the

¹ The old Cornishman never says *pasty*, but always *paasty*. In southwest Wisconsin the pronunciation has been corrupted into *pásty*.

² Of late, they have been successfully introduced into some parts of Devonshire.—Halliwell's *Rambles in West Cornwall*, p. 40.